SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 10 SHOPPERS DRUG MART

WINNIPEG metro®

NEWS WORTH SHARING.

AIR CONDITIONING
TUNE UP $99.95*
ONTIME Electric · Plumbing · Heat & Air
635 Ferry Rd. www.ontimegroup.ca
* Some conditions apply. Plus applicable taxes.
BBB
It's time to call 204-774-1474

CANADIAN EYES ON THE BALL

NO CANUCK HAS WON THE CANADIAN OPEN SINCE 1954, THOUGH THIS YEAR HAS A PARTICULARLY IMPRESSIVE TURNOUT PAGE 14

Railway Conductor Certificate
Program Information Session

Train for exciting careers in the rail industry!

Date: July 25, 2013
Time: 7:00 pm - 8:00 pm
Location: 9 - 1500 Regent Ave. W Winnipeg, MB

rrc.ca/railway

Red River College
204.694.1789 or 1.866.242.7073
cde@rrc.ca | rrc.ca/coned

Police tape off the scene around a home on Coleridge Park Drive in Westwood on Wednesday morning. Inset: Brian and Lisa Gibson, with their two children, Anna and Nicholas. SHANNON VAN RAES/FOR METRO; INSET: FACEBOOK

Two children dead, police seek mother

Reportedly drowned in bathtub. Woman went missing after kids found dead in their home

Police were searching Wednesday night for a missing Winnipeg woman after her two young children were found unresponsive in a Westwood home that morning.

Police and emergency personnel arrived at 3 Coleridge Park Dr. at about 8 a.m. after receiving a call to check on the well-being of a child.

The home is owned by Lisa Gibson, 32, and her husband, Brian Gibson. They lived there with their two children, Anna, 2, and Nicholas, about three months old.

As of press deadline, Lisa had yet to be located.

A source told Metro Winnipeg the two children were taken to the Children's Hospital with no vital signs and that the pair appeared to have drowned in the bathtub.

Winnipeg police held a sombre press conference where the deaths were confirmed and Gibson's photo was made public in an effort to locate her.

Const. Eric Hofley said police were worried for Gibson's well-being and would not describe her as a suspect.

"It's a tragic, a tragic incident, and our thoughts are with the family and friends, emergency personnel that have to deal with this — all will be deeply affected."

Gibson is described as white, five-foot-five inches tall and slim, with short strawberry-blond hair.

Police would not confirm reports the children's grandmother found the kids and said no arrests had been made and no one was in custody.

ELISHA DACEY, BERNICE PONTANILLA AND SHANE GIBSON/METRO

Loved Ones deserve only the best
VOYAGE FUNERAL HOME & CREMATORIUM
FAMILY OWNED & OPERATED

If you were to die today, who would follow through with your final wishes?
Preplan today for peace of mind tomorrow.

220 Hespeler Ave. 204-668-3151
1577 Pembina Hwy. 204-284-7500
1073 St.Mary's Rd. 204-284-7500

get set to impress

SATURDAY JULY 13 TO FRIDAY AUGUST 9

RECEIVE A CONTEST CARD WHEN YOU SPEND $10 OR MORE AND YOU COULD

WIN* $5,000

TO SPEND TOWARDS

your dream summer

PLUS - GET BONUS ENTRIES WHEN YOU BUY PARTICIPATING PRODUCTS!*

SHOPPERS DRUG MART

*NO PURCHASE NECESSARY. Contest begins on July 13, 2013 at 9:00:00 a.m. EST and closes August 11, 2013 at 11:59:59 p.m. EST. Open to legal residents of Canada who have reached the age of majority in their province or territory of residence. Contest cards containing a unique PIN code will be given out in-store until August 9, 2013, or while supplies last, whichever comes first. PIN code must be entered at shoppersdrugmart.ca/summer by August 11, 2013 11:59:59 p.m. EST. To receive a contest card, while supplies last, customers must make a purchase of $10 or more on eligible products after discounts and redemptions of any Shoppers Optimum Points®, coupons or promotional gift cards and before taxes at participating Shoppers Drug Mart stores between July 13 and August 9, 2013. Eligible products exclude prescription purchases, products with codeine, tobacco products (where applicable), stamps, passport photos, lottery tickets, event tickets, transit tickets and passes, gift cards, prepaid phone cards, prepaid card products and purchases at Shoppers Home Health Care locations. Limit one contest card per eligible transaction regardless of total dollar value of transaction. Customers can also earn one (1) Bonus Entry for each participating product purchased using a valid Shoppers Optimum Card® between July 13 and August 9, 2013 and who have registered their PIN code and their Shoppers Optimum Card online by August 11, 2013 11:59:59 p.m. EST. Maximum of sixty (60) entries per person, including all Bonus Entries. There are three (3) Grand Prizes available to be won, each consisting of $5,000. The odds of winning a Grand Prize will depend on the total number of eligible entries received. Correct answer to skill testing question required. For full contest details, including how to obtain PIN codes and Bonus Entries without a purchase, and a list of participating products for Bonus Entry, visit shoppersdrugmart.ca/summer, or see cashier for details.

Inquiry.
‘Colonialism’ to blame for girl’s death: First Nations leaders

Manitoba aboriginal leaders say the death of a five-year-old girl at the hands of her guardians was the result of centuries of colonialism in Canada.

Jay Funke, lawyer representing the Assembly of Manitoba Chiefs and the Southern Chiefs Organization, told an inquiry looking into the death of Phoenix Sinclair the child-welfare practice of seizing native children is seen by many aboriginals as an extension of the residential-school system.

“First Nation leaders maintain that these separation practices have also contributed to the grim socio-economic reality confronting many First Nation families and children throughout Manitoba,” Funke told Commissioner Ted Hughes during closing submissions Wednesday.

“This reality includes deep and protracted poverty, disproportionate rates of incarceration and criminal lifestyles, substance abuse, mental health challenges, infant and early mortality and — all too frequently — tragic deaths.”

First Nations make up just under 15 per cent of the Manitoba population, but 85 per cent of the 9,700 children in care are aboriginal.

Children are most often apprehended because of neglect. Funke said there is no clear definition of what constitutes neglect. Systemic poverty and lack of adequate housing may be beyond the control of parents and shouldn’t necessarily be cause for children to be removed from the home, he said. THE CANADIAN PRESS

Twisty feeling

A storm system that moved through southern Manitoba Wednesday spawned several funnel clouds, including this one spotted south of the perimeter highway. Other funnel clouds were spotted, including one near Headingley and another near Carman. TWITTER: @ACADEMYLANES

The sign came back

A business sign that was stolen from Cakeology Cupcakes in the Exchange District was back in its rightful place Wednesday. The would-be thief made the mistake of posting a photo of her sweet trophy on social media. To find out what happened next, visit metronews.ca. BERNICE PONTANILLA/METRO

‘Making significant strides’

Winnipeg becoming safer city: Police chief.
Five-year trend shows decline in crimes

BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

Police Chief Devon Clunis called on Winnipeggers to do their part to create a “culture of safety” for the city and return to the often maligned downtown.

Clunis made his comments on Wednesday while delivering the 2012 Annual Statistical Report, which showed three per cent decreases in overall and property crimes, and a six per cent decrease in violent crimes.

“Winnipeg is making significant strides in losing what’s been a lingering image of us being a crime-ridden city,” said Clunis, who also took the opportunity to warn media against sensationalism as a way to sell more newspapers.

According to the report, the police service received 180,369 calls in 2012.

Clunis said while he is satisfied with how many officers the force currently employs, he does see room for more civilian posts and cadets.

He also encouraged citizens to visit the downtown area and see for themselves how much safer it is.

“There’s a significant reduction in terms of the stranger crimes … 21 per cent, we need to report that very loudly to the population here in the city to make them fully aware that our downtown is becoming safer and safer all the time.”

Clunis reiterated his call for a more broad-based approach to tackling crime, citing the need for government, charitable organizations, community groups and ordinary citizens to work with police in making the city safer.

“We’re making significant progress, but are we satisfied? I would say no. We know there’s significant more work to be done,” he said, adding an area of concern is the number of assaults on peace officers, which is on the rise.

Downward trend

Closer look at the numbers over the last five years:

- 23 per cent decrease in overall crimes
- 20 per cent decrease in violent crimes
- 29 per cent decrease in property crimes

SOURCE: WINNIPEG POLICE SERVICE

Police Chief Devon Clunis said Manitoba’s capital is shedding its “crime-ridden” image. BERNICE PONTANILLA/METRO

Premiers call for inquiry into missing aboriginal women

Without a trace. 582 cases documented over the past 13 years: Native Women's Association

Provincial and territorial leaders threw their support Wednesday behind a national public inquiry into missing and murdered aboriginal women and girls, ramping up the pressure on Prime Minister Stephen Harper to follow suit.

There was support for an inquiry among the premiers who met with aboriginal leaders Wednesday before the Council of the Federation meeting, said Ontario Premier Kathleen Wynne, who will chair the premiers' summit on Thursday.

She said violence against aboriginal women is an important issue that has touched every Canadian jurisdiction and is extremely important to all the leaders who attended the meeting.

Alberta Premier Alison Redford and Newfoundland Premier Kathy Dunderdale were absent from the meeting, but both later went on record as supporting its outcome.

They did so after Michele Audette, president of the Native Women's Association of Canada, had said she interpreted their absence as a message of non-support for the inquiry.

But Redford, who had been in Toronto on matters related to Alberta's flood aftermath, issued a statement saying she in fact supports the decision taken at the meeting.

"I'm very pleased that premiers were able to take this important step forward together today," the statement said.

And a spokeswoman for Dunderdale said in a statement that the Newfoundland and Labrador premier supported the outcome of the day's meeting and had been unable to attend because of a family emergency.

THE CANADIAN PRESS

National concern

"It speaks to the most vulnerable people in our community and when they go missing, we are all worse off."

Manitoba Premier Greg Selinger

Elder Walter Cooke, right, conducts the opening prayer for premiers and national aboriginal leaders during a meeting in Niagara-on-the-Lake, Ont., on Wednesday. AARON LYNETT/THE CANADIAN PRESS

Spanish train derailment kills dozens

Emergency personnel respond to the scene of a train derailment in Santiago de Compostela, Spain, on Wednesday. ANTONIO HERNANDEZ/THE ASSOCIATED PRESS

A passenger train derailed Wednesday night on a curvy stretch of track in northwestern Spain, killing at least 40 people caught inside toppled cars and injuring more than 140 in the country's worst rail accident in decades, officials said.

Bodies were covered in blankets next to the tracks and rescue workers tried to get trapped people out of the train's cars, with smoke billowing from some of the wreckage. Some passengers were pulled out of broken windows, and one man stood atop a carriage lying on its side, using a pickaxe to try to smash through a window. Images showed one car pointing up into the air with one of its ends twisted and disfigured, and another severed in two.

Officials gave differing death tolls in the aftermath of the crash just outside Santiago de Compostela, on the eve of the city's annual religious festival that attracts tens of thousands of Christian pilgrims.

Alberto Nunez Feijoo, president of the region of Galicia where Santiago de Compostela is the capital, said at least 40 people died. But the president of Galicia's main court, Miguel Angel Cadenas, was quoted as saying 56 died.

THE ASSOCIATED PRESS

On the bend

"The train travelled very fast and derailed and turned over ..."

Passenger Sergio Prego

Nutrition experiments

Aboriginal finding sparks national rallies

Rallies are planned across Canada Thursday to draw attention to experiments conducted on aboriginals, and to demand the federal government release all documents that could reveal other such abuses.

People concerned about the tests, which were reported by The Canadian Press last week, are expected to gather in seven cities to pray, talk and pressure Ottawa to provide all its information on residential schools to the Truth and Reconciliation Commission.

"People from different backgrounds, they've been telling me they're disgusted," said Wab Kinew, one of the organizers.

Researchers in the 1940s knew the people they were studying were hungry, but instead of advocating they be better fed, they chose to use them to test the effects of different vitamins and minerals. THE CANADIAN PRESS

Tablet tussle

Google unveils new Nexus 7

Google is betting consumers will pay more for a sleeker, more powerful version of its Nexus 7 tablet as the Internet company escalates its rivalry with Apple and Amazon.com in technology's key battleground — the mobile computing market.

The fancier devices unveiled Wednesday in San Francisco will go on sale in the U.S next Tuesday in Google's online store.

THE ASSOCIATED PRESS

RBC Royal Bank

MUCH MORE FOR

For $4 a month, RBC Day to Day Banking® gives you more for every dollar.

Get up to $100 in gift cards†.

VISIT AN RBC BRANCH AND SWITCH TODAY!
rbc.com/daytoday
1-866-335-2395

Advice you can bank on™

® / ™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. † To get $100 worth of gift cards/certificates, you will need a total of 12,000 RBC Rewards® points. To learn how, and for full offer details, go to rbc.com/termsandconditions.

By George, we're famous!
Royal baby shines light on Prince George, B.C.

What does Prince George think of Prince George?

"Well there's always excitement around a new baby, especially one that shares your name," said Shari Green, mayor of Prince George, B.C.

On Wednesday, the Duke and Duchess of Cambridge announced their newborn son would be named George Alexander Louis — or just Prince George to his friends.

Green said the royal bump couldn't come at a better time.

"We're celebrating 100 years in (the) city, 25 years of the university ... and hosting the Canada Winter Games," she said.

The mayor will be extending a formal invitation to the Cambridge trio for the festivities. City staff are also preparing a care package for the royal tot — including a "little onesie with Prince George on it," she said.

Green was thrilled to win out over a local rival.

"The mayor of Prince Rupert I'm sure is a little bit disappointed today," she joked. LUKE SIMCOE/METRO ONLINE

Another show added

Chris Brown not cowed by protests

Controversial musician Chris Brown is adding another Canadian show to his summer tour, despite protests from groups in cities hosting his concerts.

Drop Entertainment Group announced Wednesday that Brown will headline the Hot Summer Blast Festival in Saint John, N.B., on Sept. 1. Brown is also performing in Toronto, Winnipeg and Halifax, which have seen opposition against the musician for assaulting R&B singer and then-girlfriend Rihanna in 2009. THE CANADIAN PRESS

Burka Avenger fights for girls' education

Pakistan. Cartoon sees superheroine fight to keep girls' school open

Wonder Woman and Supergirl now have a Pakistani counterpart — one that shows a lot less skin.

Meet the Burka Avenger: a mild-mannered teacher with secret martial-arts skills who uses a black burka to hide her identity as she fights local thugs seeking to shut down her girls' school.

Sadly, it's a scenario Pakistanis are all too familiar with. The Taliban have blown up hundreds of schools and attacked activists because they oppose girls' education.

Action in the Burka Avenger cartoon series is much more lighthearted. The bungling bad guys evoke more laughter than fear and are no match for the Burka Avenger, undoubtedly the first South Asian ninja who wields books and pens as weapons.

A Pakistani schoolgirl outside her classroom in a poor neighbourhood on the outskirts of Islamabad. MUHAMMED MUHEISEN/THE ASSOCIATED PRESS

The Urdu-language show is the brainchild of one of Pakistan's biggest pop stars, Aaron Haroon Rashid, who conceived of it as a way to emphasize the importance of girls' education and to teach children other lessons, such as not discriminating against others.

The main bad guys are Vadero Pajero, a corrupt politician, and Baba Bandook, an evil magician meant to resemble a Taliban commander. THE ASSOCIATED PRESS

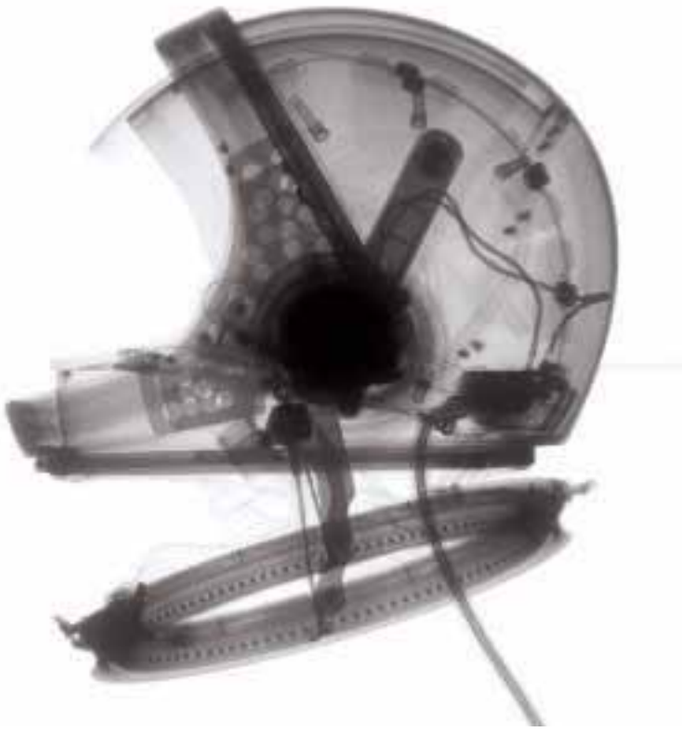
Dressed to repress?

Burka brings controversy, but imagine spandex

The decision to clothe the superhero in a black burka — a full-length robe commonly worn by conservative Islamic women in Pakistan and Afghanistan — could raise eyebrows because some view the outfit as a sign of oppression.

Rashid said he used it to give a local feel to the show.

"Since she is a woman, we could have dressed her up like Catwoman or Wonder Woman, but that probably wouldn't have worked in Pakistan," said Rashid.



Mastery of form, function and freedom

An X-ray of the 1964 A4-H Universal helmet, showing the ball bearings in the neck ring that allowed the helmet to move right and left without restriction. The image is part of a new art exhibit at the Smithsonian National Air and Space Museum entitled Suited for Space, which opens Friday. The exhibit highlights the creativity that allowed humans to explore the moon and aspire to fly even further from Earth. CONTRIBUTED

Moving fast. So should you.

Take advantage of special discounts and interest rates through the end of July on select 2013 models and enjoy the confidence and luxury that only a Mercedes Benz can offer. The 4matic all wheel drive system is the industry benchmark for sporty summer drives and our unpredictable Manitoba winters.

$0 DOWN / ONLY $499.00/MONTH*

2013 C300

$0 DOWN / ONLY $689.00/MONTH*

2013 GLK350

Mercedes-Benz
WINNIPEG

2554 Portage Avenue, 204-667-2467, www.mbwinnipeg.ca

* Offer valid on in-stock select package vehicles similar to those shown. Offer cannot be used with any other advertised special. Payment does not reflect PST and GST. This is a true $0 down offer on approved credit. First payment and security deposit due at signing. Available First Class Lease Protection waives security deposit at additional cost. Offer valid for Manitoba residents. Offer is 48 month First Class Lease on C 300 and 36 months on GLK. Additional Conditions Apply.

Mom's more plugged in than you think

Social media. Far from being tech-challenged, demo ranks among 'most social consumers you'll meet,' report says

Forget the outdated stereotype of the tech-illiterate soccer mom. Twenty-first-century moms are increasingly becoming one of the most digitally savvy cohorts in Canada, according to a recently released report backed by data from measurement firm comScore and online surveys.

The 2013 Canada Social Mom report, published by the parenting website BabyCenter, calls today's plugged-in moms "the most social consumers you'll meet."

The report suggests 93 per cent of Canadian moms who use the Internet are logging into social networks every month. Tablet ownership among moms was up nearly 100 per cent in the past year. And mothers were found to be two and a half times more likely to prefer checking their social media feeds on a smartphone rather than a computer.

Researchers have been watching Canadian moms dramatically increase their Internet usage for years now, but preconceptions that they're not interested in technology remain, said Gagan Sharma, research director for Mom Central Consulting, which has offices in Toronto, Boston and New York.

Quoted

"Moms are the fastest growing smartphone users in Canada and that's something that a lot of people don't realize."

Gagan Sharma, research director for Mom Central Consulting

"Despite the fact we see that moms are heavily engaged online, they're tech savvy, they're engaged, we still find there is that perception where people don't understand that moms are actually leading the charge in a lot of ways," Sharma said.

According to the report, younger Canadian moms in particular (defined as ages 18 to 34) are very digitally engaged, often more so than the general public. Those moms averaged 10.7 hours of Facebook usage a month, or 55 per cent more than the 6.9 hours estimated for the rest of the general public. THE CANADIAN PRESS

Despite the fact that moms are heavily engaged online, preconceptions that they're not interested in technology remain, researchers say. ISTOCK

Currency.

Jane Austen to grace U.K. banknote

Jane Austen will become the new face on England's 10-pound notes. The Bank of England chose the chronicler of 18th-century English country life as the new face of the note, bowing to critics who complained the institution was ignoring women on their currency.

"Jane Austen certainly merits a place in the select group of historical figures to appear on our banknotes," the bank's new governor Mark Carney said Wednesday in a statement.

The controversy began earlier this year when the bank announced it would replace the 19th-century social reformer Elizabeth Fry with wartime Prime Minister Winston Churchill on the five-pound note. That led to protests because no other woman besides Queen Elizabeth II would be shown on Britain's currency. THE ASSOCIATED PRESS

The concept design for the reverse of the Bank of England's proposed 10-pound note with a picture of Jane Austen. BANK OF ENGLAND/ THE ASSOCIATED PRESS

FOR BEER YOU WON'T FIND ANYWHERE ELSE
Award Winning
TRADITIONAL ENGLISH ALE
Hockley
Dark
mild, light body, full flavour
ROCKLEY VALLEY BREWING
ORIGIN: Canada
A traditional English ale with hints of roasted nuts, caramel, and chocolate.
ORIGIN: Canada
A crisp Pilsner with soft floral, grassy hops and a clean finish.
STEAM WHISTLE
LOOKING FOR A MORE INTERESTING BEER? SOMETHING WITH A LITTLE MORE TASTE AND DEPTH?
WE HAVE MANITOBA'S LARGEST SELECTION OF PREMIUM BEERS.
FIND YOUR BEER, FIND IT HERE.
LIQUOR MARTS
LiquorMarts.ca
AIR MILES
Travel and More
Please drink responsibly - Moderation tastes so much better

Concerts.

Promoter to use locally sourced food

Concert promoter Live Nation is overhauling its U.S. concessions to serve only local produce and humanely-raised meats.

Starting this week, all produce served at Live Nation's 38 amphitheatres around the U.S. will be sourced from within roughly a 100-mile radius (about 160 kilometres) of each venue. Additionally, all meats will carry either Certified Humane, Global Animal Partnership or Animal Welfare Approved certification.

The change will cost the company about an extra $1 million US a year, but concert-goers won't see that reflected in food or ticket prices, says Live Nation CEO Michael Rapino. The company has brought on celebrity chef Hugh Acheson as a consultant to help guide the changes. Acheson is an outspoken proponent of local and sustainable agriculture. THE ASSOCIATED PRESS

Celebrity chef and Ottawa native Hugh Acheson will help Live Nation with its plan to provide ethically sourced food at its U.S. venues. THE ASSOCIATED PRESS FILE

Wireless market

Don't give Verizon special treatment, Rogers CEO says

Big U.S. carriers like Verizon shouldn't be allowed to buy new Canadian wireless firms at discount prices while the big domestic carriers are barred from the same opportunity, the CEO of Rogers said Wednesday. Rogers welcomes competition but wants a level playing field, Nadir Mohamed told analysts. "What we're absolutely against is a tilted or stacked playing field where you have a massive incumbent U.S. carrier that would be given ... frankly better treatment than Canadian incumbents," he said. THE CANADIAN PRESS

Market Minute

DOLLAR
96.94¢
(-0.29¢)

TSX 12,672.30 (-73.08)

OIL $105.39 US (-$1.84)

GOLD $1,319.70 US (-$15)

Natural gas: $3.70 US (-4¢)
Dow Jones: 15,542.24 (-25.50)

DON'T LIKE YOUR DATE? DELETE IT!

HE SAYS

John Mazerolle
metronews.ca

Is dating shrinking?

I feel like dating has gotten smaller, with less weight and consequence. The Book of Love has become a pamphlet.

I've been pondering what I've been pondering with my Brain because recently I discovered a smartphone dating app called Tinder, which condenses relationship hunting to its smallest, shallowest form.

Unlike other dating sites that get bogged down in details like what the person is like or whether they can speak English, Tinder just focuses on what you need to know: name, age, location, and looks. If it's good enough for your passport, it's good enough for your soulmate.

And many Tinder users conveniently add photographs that focus on areas below the neck, in case you're not a face person.

There is room to write a bio, but the box is barely big enough for a cigarette warning. If you like the person, you swipe to the right. If you don't, to the left.

Essentially it's Goldilocks and The Three Bears if Goldilocks had grown up to be a player: Not hot enough! Too hot! Just right. Check!

There are all types on Tinder, but a typical woman on the site is a 22-year-old named Lauren (I swear, every fourth one is Lauren) who has a small dog, friends she poses with at clubs, a tendency to get a leg up when she takes selfies, and an inspirational quote that makes sense about 35 per cent of the time. ("Life is just in-between reality and fantasy, so love.")

If two people like each other, the app opens a chat window and you can start planning your wedding. If either person chooses "Nope," then neither side is the wiser.

Tinder removes all the depth from online dating, which is a bit like removing all the nutrients from a Twinkie or cutting the substantive scenes from a Michael Bay movie.

But I still kind of like it. I know the gut reaction is to cry out about how shallow the app is, but whatever — most deep relationships start in the shallow end, and if two people just want to fool around in the pool, laughing Danger in the face, more power to them. My only issue — and what made me think about dating shrinking — is that there is no risk on Tinder. The app lets you approach the most beautiful woman within 100 miles, and she can't laugh in your face. She can screenshot you to Instagram, sure, but it doesn't have quite the same impact.

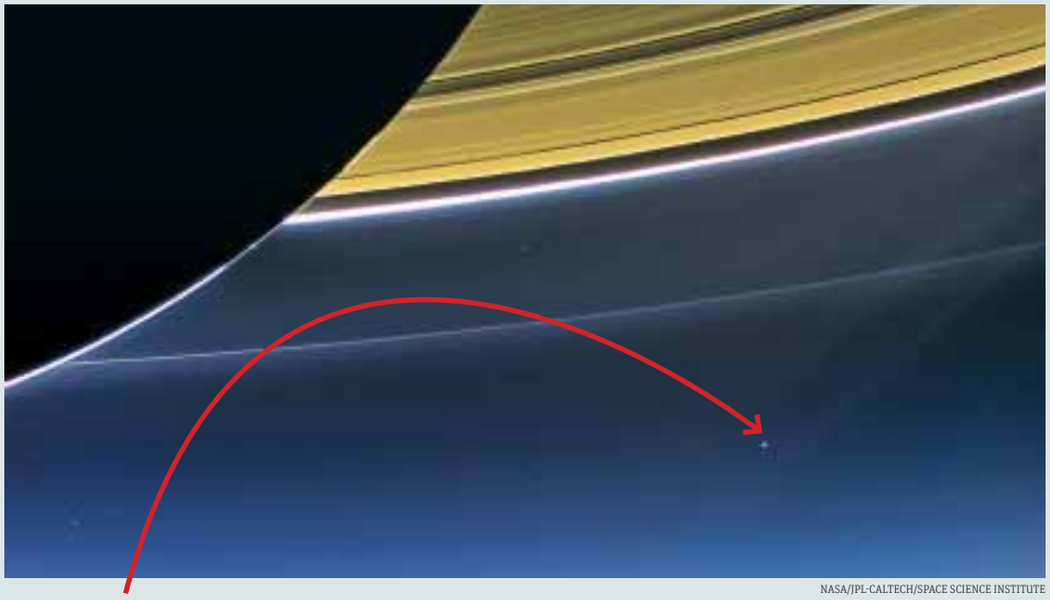
I remember how BIG dating seemed when I was in my early 20s. Asking someone out was an enormous mountain to climb — a difficult task when your palms are sweaty and you're hyperventilating.

So what's it like for a young person now? How do relationships feel when so many are started online, before you're as jaded as a 30-something? I'm not judging. I'm genuinely curious.

Once I dreamed of putting my hand on the cheek of a beautiful woman, like Romeo and Juliet. Now I swipe my thumb across her face. Dating may be shrinking, but these are big thoughts for Lauren and I to consider. We're going to be very happy together. Not her dog, though. I swiped it left.

ZOOM

Your hair looks great, from Saturn



NASA/JPL-CALTECH/SPACE SCIENCE INSTITUTE

Cassini spacecraft snaps our planet

NASA has released a rare image of Earth and the Moon taken by a spacecraft orbiting Saturn. In the picture by NASA's Cassini spacecraft, the planetary objects, shining as bright beacons from millions of kilometres away, appear as mere dots – Earth a pale blue and the moon a stark white, visible between Saturn's rings. METRO

Photo op

"It thrills me that people worldwide took a break from their normal activities to go outside and celebrate the interplanetary salute between robot and maker." Carolyn Porco, Cassini imaging team lead at Space Science Institute

Public waves from grand distance

The photograph made on July 19 marked the first time people knew in advance that their long-distance picture was being taken. The public was asked to wave at Saturn after finding the ringed planet in their part of the sky, in an event scientist and Cassini imaging team leader Carolyn Porco described as an "interplanetary cosmic photo session." METRO

Long shot

1.5 billion

kilometres is the distance from Earth that NASA's Cassini spacecraft captured the colour images from its perch in the Saturn system.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

So, has last week's Sharknado frenzy left you frothing for more laughably awful dialogue and willfully dodgy special effects, all served up with a sly wink? Luckily, Netflix has your back with these available-to-stream gems.

Student Bodies

A merciless parody of early slasher flicks starring The Breather, a faceless killer with a MacGyver-like mind for improvising murder weapons used to dispatch a selection of standard-issue pretty '80s studs and ladies. Agonizingly hilarious, it was Scream before Scream existed.

Rubber

Robert the sentient air tire goes rogue, leaving a bloody trail of high-concept deaths across the Mojave Desert. It's as absurd as it sounds.

Tremors 2

Aftershocks - Tremors was an instant classic, and if you think otherwise then I invite you to bounce a basketball across the film's Nevada setting. And while the sequel is one depressing degree removed from Kevin Bacon, the giant subterranean carnivorous worms pose just as big a problem as always.

Letters

The Conservative government's mismanagement of the North has made its cost of living soar and caused shortages of basic services, hurting families and jeopardizing the economic potential of the region. His bungling of adjustments to the federally-funded Nutrition North program has sent food prices skyrocketing, some reportedly as high as 250 per cent.

Grossly inadequate housing has left too many without a place to live.

Too many communities still lack access to fast, reliable Internet service, undermining business development and skills training. And a lack of basic health and mental health services is undermining the foundations of communities — the very basis of their prosperity.

With bountiful natural resources and a quickly growing population, the North is building a strong economy. Yet its full potential cannot be realized if families cannot afford healthy food, cannot find a place to live and cannot get the supports they need.

Mr. Harper needs to be more than a tourist when he visits the North for his annual Arctic photo op later this summer.

Yvonne Jones, MP
Liberal Party of Canada Northern Development Critic
Mary's Harbour, N.L.

WE WANT TO HEAR FROM YOU: Send us your comments: winnipegletters@metronews.ca

metro

President Bill McDonald • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Winnipeg** Elisha Dacey • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Sales Manager** Alison Zulyniak • **Distribution Manager:** Rod Chivers • **Vice-President, Sales and Business Development** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Finance** Phil Jameson **METRO WINNIPEG** 161 Portage Ave E Suite 200 Winnipeg MB R3B 2L6 • **Telephone:** 204-943-9300 • **Fax:** 888-846-0894 • **Advertising:** 204-943-9300 • adinfowinnipeg@metronews.ca • **Distribution:** winnipeg_distribution@metronews.ca • **News tips:** winnipeg@metronews.ca • **Letters to the Editor:** winnipegletters@metronews.ca

SCENE 2

The Scream of the crop

Start up. Five Alarm Funk's latest offering follows a sinister ice cream man

BACKSTAGE PASS
Jared Story
@metronews.ca

Ex Vancouver 10-piece band Five Alarm Funk play the Pyramid Cabaret for three consecutive nights. CONTRIBUTED

What's your favourite ice cream flavour? Is it vanilla? Chocolate? Lysergic acid diethylamide?

We All Scream — the new single and video from Five Alarm Funk — is a psychedelic precursor to the Vancouver band's upcoming concept album; a concept as mind-bending as it is brain freezing.

"It's about a diabolical ice cream man who taints his ice cream formula with psychoactive substances. He then lures Five Alarm Funk into his factory and takes us on this wild hallucinogenic trip," drummer/vocalist Tayo Branston says.

"You can actually hear the concept in each song. For instance, the second song is called Journey to the Centre of the Earth and it's extremely frantic, you can almost picture us savagely digging and tunnelling our way into Earth's molten magma core."

Branston says the psychotropic storyline started taking shape last summer and was inspired by the group's penchant for playing fantasy games like Magic: The Gathering in the tour van. While touring, said vehicle, a 15-passenger van, is home to 10 musicians. That's two guitarists, a bassist, four percussionists and a three-piece horn section.

Formed in 2003, Five Alarm Funk began as a funk/afrobeat band but has since evolved to include, well, a little bit of everything.

"It's grown into this progressive diabolical gypsy party orchestra," Branston says.

"We still have 'funk' in the name but we're not exactly playing funk music. But, that's just going by the traditional definition of funk. To me, funk is that deep groove feeling, that heavy, heavy feeling. We're not that polished '70s funk, we're that deep, nasty funk."

Five Alarm Funk's last album, 2012's Rock the Sky, was nominated for Instrumental Album of the Year at the 2013 Juno Awards and is up for a Western Canadian Music Award in the same category.

While predominantly an instrumental band, Branston says the new album will feature more vocals in order to convey the trippy tale.

"They're not big long verses or anything like that. It's more shouted choruses, just to give you a little hint at where we're at in our concept," Branston says, noting that the band will record the album this fall.

Details

- **When and where.** Five Alarm Funk play the Pyramid Cabaret tonight, Friday and Saturday. Providing support is The Dirty Catfish Brass Band (tonight), Rastamils (Friday) and Jupiter Storm (Saturday). Tickets are $10 per night and are available at Into the Music and Soul Survivors. The shows start at 9 p.m.

Jackman's keeping the wolf from the door

The Wolverine. Aussie star is back and darker than ever in the latest instalment of the comic book hero's big screen adventures

MATT PRIGGE
Metro World News in New York City

Hugh Jackman is a song and dance man, who regularly pops up in stage musicals and, with Les Misérables, film musicals, too. He's even starred in Hugh Jackman… One Night Only, a one-man show of show tunes and recollections he will be bringing to L.A. this fall. But to most, he's Wolverine, the decidedly un-exuberant, brooding mutant of the X-Men franchise. Having explored his origins in the first solo Wolverine film from 2009, he put back on his claws and his pissy stare for The Wolverine, a spin-off that finds his anguished asskicker considering mortality while fighting ninjas, robot samurai and a she-lizard in Japan. Hugh took time from his busy schedule to chat with Metro.

Wolverine has to fight ninjas and samurai, not other mutants. What kinds of challenges does that give him?
What's really cool is the way they fight and the values, not just the training. It's not just physical — it's a control of the mind. I think to Wolverine, who is instinctive and animalistic and emotional, he just doesn't think things through. It's not like he's fighting mutants. He's fighting humans.

This is more stripped-down and darker than the first solo Wolverine film.
It is darker and I think it should be. Even in the storyline it's a bit of a rebirth of the character. That character really is incredibly tense; he is darker. If there ever is an argument for an R-rated comic book movie it is probably Wolverine. We did actually discuss that.

You seem like a nice guy. And you often play nice, more exuberant characters than Wolverine, who broods and hates everybody.
Acting always allows me to kind of explore other parts of myself and the human condition. Wolverine is something difficult for me to get back into because I've been playing him on and off for 13 years. James (Mangold, the director) was on me about being deep and more restrained and really highlighting the moment before he blows his top and then when he blows his top we earn it.

Hugh Jackman in a scene from The Wolverine. AP PHOTO, 20TH CENTURY FOX

You were known for musicals, like Oklahoma!, before you got the role in the very first X-Men. How did they come to choose you?
It was the luckiest thing that ever happened to me. Seven months before I really got brought in, someone else got the part and finally when things fell through for (Dougray) Scott, who was cast in another film. … It just so happened that I was in L.A. that week. It was a lot of the skies certainly aligning.

Finding the human side of Fruitvale Station

Q&A. Director Ryan Coogler wants his audience to get to know Oscar Grant, and tells why he chose to use that explosive footage

NED EHRBAR
Metro World News in Hollywood

For his debut feature film Fruitvale Station, writer-director Ryan Coogler chose the true story of Oscar Grant, a young father in Oakland, Calif., who was shot and killed by transit police just minutes into New Year's Day, 1999. The shooting — seen in cellphone-captured footage — sparked riots and protests, but Coogler saw instead an opportunity to share Grant's story with the world.

How did you go about approaching this story and making the presentation of Oscar as accurate as possible?
I had access to the public record documents from the trial, and that was what I based my first draft of the script off of; just tracing the events, tracing the character from that aspect. The next thing I had access to was the family. I had an open door with them. What I wanted to do was to tell the story through the scope of the people that knew him the best, and on that day there was a lot of domesticity to his day, a lot of time spent with his girl, his daughter and his mom. I wanted to get to his character really through those relationships.

Travel via cinema

With the success of Fruitvale Station on the festival circuit, writer-director Ryan Coogler is seeing the world thanks to his films, but it used to be thanks to the films of others. "The first time I left the country was for a film festival when I was 21," Coogler explains. "I would use film as a way to travel and a way to have experiences that I would never be able to have in the physical sense."

How about the decision to open the film with the actual cellphone footage from the incident?
My intention was to not show the footage ever in the film, but it had come up with my editors. I was really apprehensive about doing it and I realized the reason why was because I didn't need it. Because I'm from the Bay Area, I'd seen the footage so much, I didn't need to see it. But they were saying how they didn't know about this until they started to work on this project, and they thought it would be important to let the audience see what happened to him. And once we did it I realized that it played into a lot of the themes that went into making the film, the themes of proximity and how the movie's about how something that happens to someone can effect you differently when you know the person versus when you don't.
It's interesting how all the decisions that put Oscar on that train are made by other people in his life. It was something that came up in research, in talking to his family members because each one of them kind of blamed themselves for Oscar winding up on that train, winding up in that situation. (His mother) Wanda talked about how she recommend they take BART as opposed to driving, and Sofina talked about how Oscar didn't even want to go. He wanted to stay home that night because he was feeling kind of out of it, and she kind of pushed on him to get out and move about.

Director Ryan Coogler, right, during the filming of Fruitvale Station. AP PHOTO

CLEAN UP YOUR ACT
SimplyRecycle.ca

MMSM
Multi-Material Stewardship Manitoba
Industry funding recycling

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Jared Leto ALL IMAGES GETTY

Leto lets us in on his troubled, drug-fuelled past

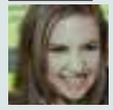
It turns out Jared Leto's own teenage years were a lot more dramatic than what he played on My So-Called Life. In a Letter to my Younger Self for the U.K.'s Big Issue, Leto admits to a pretty rocky adolescence. "If I met the teenage Jared now the first thing I'd notice would probably be that my wallet was missing," he writes. "I was in trouble quite a bit with the authorities, any person who made rules or the law. Probably a lot of my behaviour was related to doing drugs." Leto even cops to considering some different career paths. "I was at a crossroads in life when I was 16," he admits. "I didn't know I was going to be an actor. I thought it might be an artist or a painter. Or maybe a drug dealer. But I didn't know which path I would take. It's just fortunate that I chose one over the other."

The Word

Bynes being held after fire incident in California

Amanda Bynes' return to California went south pretty fast, with the troubled actress detained by police and put on a 72-hour psychiatric hold after reportedly trespassing and setting a small fire on a neighbour's property, according to police reports obtained by TMZ. "I see this girl with her pant leg on fire and a gas can trailing fire through the driveway," local resident Andrew Liverpool tells E! News. "She put the fire out on her leg and was rushing over to her dog. I kicked the gas can over and moved it to the middle of the driveway so nothing else would catch on fire. I said, 'Are you OK?' She was kind of frantic and discombobulated." Bynes allegedly attempted to flee the scene in a taxi, with police cars chasing after. The troubled actress returned to California because she "was unable to find any place to live in New York City because of her bizarre behaviour," a source tells Radar Online. "No one would rent an apartment to her. She does own a house in Calabasas. It's unclear how she got to California from New York."

Twitter



@lenadunham
Makeup artist pointed to my pimple. Other makeup artist said "yeah, that's the one I was telling you about yesterday."

@rihanna
So I have to wait 'til August 5th to get the 2nd season of "Girls" on Apple TV????!!!! Whyyyyyyyyyyy?????

@JuddApatow
North West will dominate the royal baby in all aspects of life. Style, athleticism, sense of humor, flow, sexiness, height, math & hustle.

Lisa Kudrow

Kudrow urges all to forget about Friends the movie

Lisa Kudrow wants to be clear: There won't be a Friends movie, so please stop asking about it. "I knew there wasn't ever a movie. There was never a Friends movie. Ever. So I've always known it's not happening," she tells CNN. "With this last rumour someone came up with a great graphic with the couch and it looked like a real teaser. And then someone came up with a fake story and got some publication to buy the lie that there was going to be a reunion. And I went, 'Wait a minute, was I not invited? Oh my God, maybe there is one and I wasn't asked to do it.' I even had a moment where I believed it because everything around it looked real. It was a good setup."

Get 18,500 SHOPPERS OPTIMUM BONUS POINTS® WHEN YOU SPEND $75 OR MORE ON ALMOST ANYTHING IN THE STORE.*

SATURDAY, JULY 27 TO MONDAY, JULY 29

THAT'S A $25 SAVINGS VALUE!

FREE feels good™

SHOPPERS DRUG MART

*Offer valid on the purchase total of eligible products using a valid Shoppers Optimum Card® after discounts and redemptions and before taxes. Maximum 18,500 points per offer regardless of total dollar value of transaction. Excludes prescription purchases, products that contain codeine, non-pointable items, tobacco products (where applicable), lottery tickets, stamps, transit tickets and passes, event tickets, gift cards, prepaid card products and Shoppers Home Healthcare® locations. Offer applies to photofinishing services that are picked up and paid for on the day of the offer only. Not to be used in conjunction with any other points promotions or offers. See cashier for details. Shoppers Optimum Points® and Shoppers Optimum Bonus Points® have no cash value but are redeemable under the Shoppers Optimum and Shoppers Optimum Plus programs for discounts on purchases at Shoppers Drug Mart. The savings value of the points set out in this offer is calculated based on the Shoppers Optimum Program® rewards schedule in effect at time of this offer and is strictly for use of this limited time promotion. The savings value obtained by redeeming Shoppers Optimum Points will vary depending on the Shoppers Optimum Program reward schedule at time of redemption and other factors, details of which may be found at shoppersdrugmart.ca. ® 911979 Alberta Ltd.

This trend's got staying power

If you follow beauty blogs and magazines, you may have noticed that primers are the new "must" makeup artists swear by. We test out five to see which can stand the heat and humidity

ROMINA McGUINNESS
Metro World News

By Terry Hyaluronic Hydra-Primer

The press release says the formula will reduce enlarged pores. But after putting it on, mine still looked like gaping holes. The formula felt heavier than I expected, but it gets high marks for staying power. Twelve hours and a sweaty yoga class later, I still had a full face of makeup on.
$59, spacenk.com

MAC Prep + Prime Skin Primer

Everything about this is shimmery — the packaging, tube and cream all contain glitter. So I expected this to give my skin a glow as well. No dice. But I liked that this primer made my skin feel smooth and oil free. However, it took me twice as long to wash my makeup off.
$29, maccosmetics.com

Estée Lauder Illuminating Perfecting Primer

Is that a glow I see? This primer brightened up my face and anchored down my BB cream, stopping it from sliding off my face. The texture is thick, but not pore-cloggingly so, and the formula, which includes shea butter, made my skin feel softer than usual. But I could do without the mattifying effect, which was too powdery for my taste.
$32, esteelauder.com

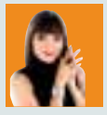
Stila One Step Correct

This formula made my makeup look natural and healthy, leaving a dewy, smooth finish. And the colour correcting mousse managed to hide the stubborn red patches around my nose. Best of all, it lasted all day and I forgot I had anything on.
$36, stilacosmetics.com

Benefit 'That Gal' Brightening Face Primer

I tried this on a bad skin day. I was looking a bit sallow. But after trying it on, my cheeks looked rosy. It also gave my skin a smooth surface, hiding my scars and minimizing the size of my pores. Come bedtime — even after I had washed my face — my skin hadn't lost its glow. $29, benefitcosmetics.com

Twitter



JEANNE SPACE
Jeanne Beker
life@metronews.ca

TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.

Amazing neon set features B+W videos on each side for CUs. @JTimberlake + @JayZ rock the stage. Electric! @WILLIAMRast

Stylish Gordon Pinsent wants to know what you think of his new glasses, purchased in Florence by @donlon #CoolLegend

Trends Report

- One of the silly trends circulating the web is something called "bitchy resting face". Do you suffer from this, or do you even know what it is? Go online to Trends Report to find out, and if you do have BRF, read my tips on how to mask it.

Visit metronews.ca/voices/trends-report to find out more.

Follow Irene on Twitter at @MetroIreneK

SCREENGRAB VIA BROKEN PEOPLE ON YOUTUBE

Doing the chicken dance with some mushrooms and a lettuce bowl

"(Lettuce Bowls with Shiitake Mushrooms and Hoisin Chicken are) a fast day version of a Chinese standard, and perhaps one for a day when you're feeling frilly and creative," writes Mimi Spencer in The FastDiet Cookbook. "You could add ... chopped water chestnuts for extra crunch — they're barely a blip on the calorie radar."

1. Heat a wok and spray with oil. Add the ginger and garlic and stir-fry for 30 seconds.

2. Add the cabbage, carrot, mushrooms, and bean sprouts. Stir-fry for 2 minutes, till the vegetables are just cooked but retain their bite. Season with pepper and add hoisin sauce.

3. Add the shredded chicken and toss to mix.

4. Place 2 or 3 iceberg lettuce leaves in a wide-rimmed cup, making a bowl effect. Spoon the chicken mixture into the bowl and serve with a scatter of toasted sesame seeds. **ALL RECIPE TEXT COPYRIGHT © 2013 BY MIMI SPENCER LTD FROM THE FASTDIET COOKBOOK PUBLISHED BY ATRIA BOOKS, A DIVISION OF SIMON & SCHUSTER, INC.**

Ingredients

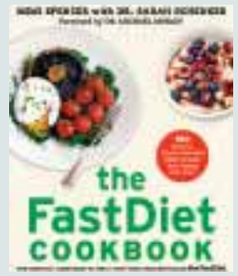
- Spray oil
- 1 tsp grated fresh ginger
- 1 tsp minced garlic
- 1/4 head Chinese cabbage, shredded
- 1 carrot, julienned
- Scant 2 oz (50 g) oyster mushrooms, chopped
- Scant 2 oz (50 g) shiitake mushrooms, stemmed and chopped
- Scant 2 oz (50 g) bean sprouts
- Ground white pepper
- 1 tbsp hoisin sauce
- 1 cooked chicken breast, shredded
- 2 or 3 iceberg lettuce leaves
- 1/2 tsp toasted sesame seeds

Lettuce Bowls with Shiitake Mushrooms & Hoisin Chicken

This recipe is only 329 calories per serving. COPYRIGHT © 2013 BY ROMAS FOORD FROM THE FASTDIET COOKBOOK PUBLISHED BY ATRIA BOOKS, A DIVISION OF SIMON & SCHUSTER, INC.

Cookbook of the Week

A new approach to weight loss



Dr. Michael Mosley's message is that it's possible to lose weight and reduce your risk of diabetes, cardiovascular disease and cancer, all while eating what you would normally eat five days a week. You simply cut your caloric intake two days a week — to 500 calories for women, 600 for men.

The new book, The FastDiet Cookbook, which was written by Mimi Spencer with Dr. Sarah Schenker, boasts 150 carefully crafted, nutritious, low-calorie recipes that range from simple breakfast to suppers. **METRO**

Skinny Bouillabaisse: keep rich flavour, cut back calories

"My sister Debs is incredibly skilled in the kitchen, having trained in the world-renowned kitchens at Ballymaloe in Ireland," writes Mimi Spencer in The FastDiet Cookbook.

"This soup is designed to bring all the rounded, rich flavour of a traditional French fish stew to your low-calorie fast day soup bowl. ... Notice the calorie count. Sing."

1. Heat the olive oil in heavy-bottomed saucepan over medium heat. Add the onion and fennel and cook, stirring occasionally, for about 5 minutes, till softened but not coloured.

2. Add garlic, ginger, chile, saffron, and paprika and cook for 2 minutes more, till fragrant.

3. Stir in the tomatoes, stock, sugar, and bay leaf, scraping the pan with a wooden spoon to release any stickiness on the base.

4. Season and simmer for 20 to 25 minutes. Gently lower the fish, mussels, and shrimp into the soup, cover the pan, and cook for 2 to 3 minutes till the fish and shrimp are just opaque and the mussels have opened (discard any that have failed to open). Check the seasoning and serve with a scattering of parsley and a squeeze of lemon juice to taste.

Ingredients

- 11/2 tsp olive oil
- 1 onion, thinly sliced
- 1 bulb fennel, trimmed and thinly sliced
- 4 cloves garlic, minced
- 1 tsp grated fresh ginger
- 1 red chile, finely chopped
- A generous pinch of saffron threads
- 1 tsp sweet paprika
- One 14-oz (400 g) can diced tomatoes
- 51/4 cups (1.25 liters) fish or vegetable stock
- 1/2 tsp sugar
- 1 bay leaf
- Salt and pepper
- 14 oz (400 g) white fish fillet, cut into chunks
- 8 mussels, scrubbed
- 8 large raw shrimp, peeled and deveined, tails left on
- A handful of fresh flat-leaf parsley, chopped
- Lemon juice, for serving

CLEAN UP YOUR ACT
SimplyRecycle.ca

MMSM
Multi-Material Stewardship Manitoba
Industry funding recycling

All the comforts of a 5-star hotel

Prepared. Staying in a one-star? We've got you covered

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Hunting for inexpensive travel accommodations is getting easier with the trendy pod-style, micro-tiny hotels popping up in popular destination cities, as well as options of living in someone's home from sites like AirBNB.com.

But not all places have the comforts of a 5-star hotel; truth be told, most would get between one to three stars. But shared bathrooms, living in a stranger's home and summer dorm rentals are a common and inexpensive way to see the world. Here's a few travel companions to pack if adventuring out to stay at alternative accommodations.

They're guaranteed to help turn a two-star room into a five-star hotel experience.

Your security

Keep one of these in the bottom of your luggage; if feeling iffy about your security then pop it under the door while in your room.

SWANN DOOR WEDGE STOP ALARM, $13, CANADIAN-TIRE.COM

Stick a Bluetooth button inside luggage or attach to valuables and let your wireless device keep track of their travels. Stick-N-Find

BLUETOOTH LOCATION TRACKER, $50/ 2 BUTTONS, BROOK-STONE.COM

Your senses

Add a small bottle of water and rid any room of dry air.

AIR-O-SWISS ULTRASONIC TRAVEL HUMIDI-FIER, $70. THEBAY.COM

Block out the lights of Broadway and the unfamiliar city sounds.

EYE MASK WITH EAR-PLUGS, $8, SAM-SONITE.CA

Your comfort

Make the bed feel like home and bring your pillow case; a great idea for those with skin sensitive to certain fabric types or detergents. Bonus: it becomes your dirty laundry bag at the end of the trip. **SEASONS STANDARD FLANNEL PILLOW-CASES, $25/SET, BEDBATHANDBEYOND.CA**

Never sure of a comfortable mattress? For minimal space and weight, bring your own mattress; layer it on top of your existing bed or on the floor. Its also a great way to fit extra guests in your room, saving more money.

PAKMAT AIRBED, $125, FOUND AT TARGET.COM

Your style

Keep your clothes organized to pack in your luggage, then on display when you arrive.

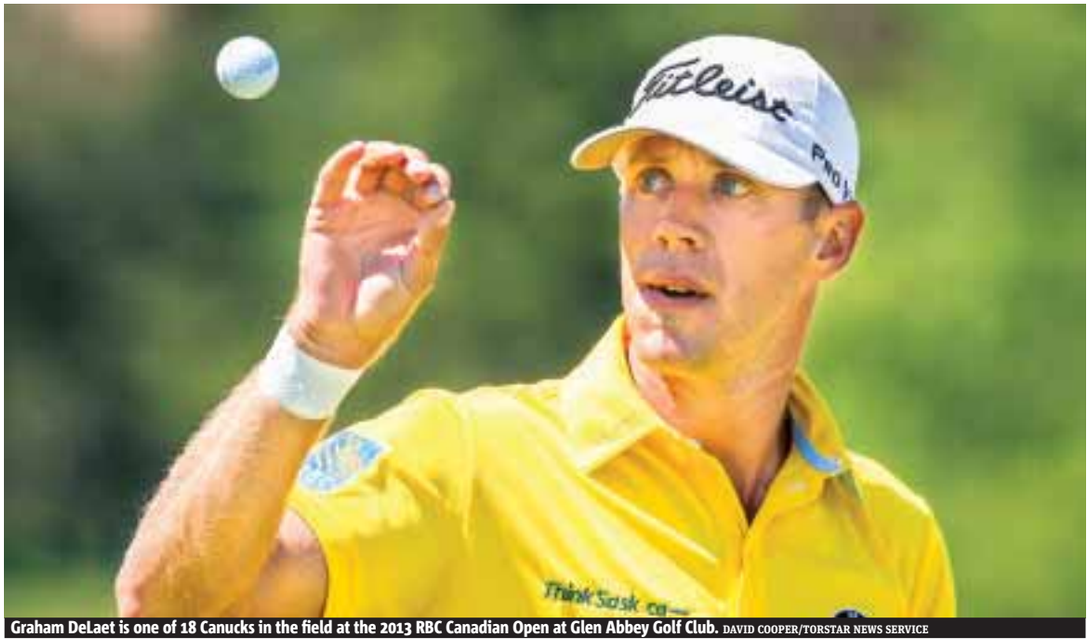
JETPACK COMPRESS-IBLE PACKING SHELF, $40, HEYS.CA

Freshen up your clothes with steam or quickly iron out the wrinkles.

FIRST-CLASS FOLDING TRAVEL IRON AND STEAMER, $50, ROWENTA.CA

Bridgwater Heights
New Apartment Rentals in Bridgwater Forest!
Month to Month Rentals | Pet Friendly | In-Suite Laundry | Private Balcony

BROADSTREET PROPERTIES LTD.
Apply online at www.broadstreet.ca
204-415-3744 | 1-866-RENT-515



Graham DeLaet is one of 18 Canucks in the field at the 2013 RBC Canadian Open at Glen Abbey Golf Club. DAVID COOPER/TORSTAR NEWS SERVICE

Pressure on Canucks to end long drought

Canadian Open. Last homegrown talent to win tournament was Vancouver's Pat Fletcher in 1954

National opens always put pressure on the homegrown players, but the expectations are particularly high this week at Glen Abbey Golf Club in Oakville, Ont.

There are 18 Canadians in the field for the 2013 RBC Canadian Open — one of the largest home-country turnouts in the modern history of the tournament — and they're all looking to end a 59-year drought. No Canadian has won the event since Pat Fletcher of Vancouver in 1954.

If anyone can understand the high expectations it's former Masters champion Mike Weir.

"There is that added feel and pressure, no question," the Brights Grove, Ont., native said Wednesday. "It can be a good thing though to get the crowd behind you," he added. "Get some momentum going, and you can feed off the crowd."

Weir is joined by fellow Ontarians David Hearn from Brantford, Mackenzie Hughes from Dundas, Toronto's Albin Choi, Ottawa's Brad Fritsch, Peter Laws from Milton, Brian Hadley from Sarnia and amateur Corey Conners of Listowel.

British Columbia is also well represented with Abbotsford's Adam Hadwin, Victoria's Kevin Carrigan, Merritt's Roger Sloan, Comox's Riley Wheeldon, as well as North Vancouver's Bryn Parry and Eugene Wong and amateur Adam Svensson from Surrey in the field.

Calgary's Stephen Ames, Graham DeLaet of Weyburn, Sask., and Eric Banks of Truro, N.S., will also tee off Thursday on the 7,253-yard, par-72 course.

The added burden on the Canadians has not gone unnoticed by others in the 156-player field. Hunter Mahan, from Dallas, feels that Canadians are under more pressure to win the Canadian Open than Americans are to win the U.S. Open.

"I don't feel like there is a pride factor (in the U.S.) like there is in Canada," said Mahan.

"You know, when you have a drought that long, I think you have to start really wanting it and start hoping. It becomes a focus of everyone this week, so I think they have a great chance." THE CANADIAN PRESS

Baseball

Lentini steals show from Canaries

Offensively, the Winnipeg Goldeyes came out completely flat on Wednesday night, losing 4-1 to the Sioux Falls Canaries to fall eight games back of the North Division lead.

But there was a bright spot for the Fish.

With a swipe of second base in the seventh inning, leading to the Goldeyes' only run, outfielder Fehlandt Lentini tied the stolen base record in independent baseball with his 331st.

"I actually just found out today about it before the game, but I don't know if it's a dubious achievement. It just means I've been playing indie ball for a long time. Kind of like Crash Davis in Bull Durham," said the 35-year-old Lentini.

Clearly disheartened after the loss, Lentini was pleased it happened in Winnipeg.

"This is by far the favourite place I've played, and I love the fans and how they embrace the team. It's definitely nice to have it happen here."

DARRIN BAUMING/FOR METRO

CFL

Goltz gets chance to put Bombers back on track

Justin Goltz will make his first CFL start Friday night when the Winnipeg Blue Bombers host the Calgary Stampeders.

Goltz, in his fourth CFL season, took over for Buck Pierce in the second half of last week's 35-19 loss to Toronto, completing 13-of-15 passes for 170 yards.

THE CANADIAN PRESS

Canadian volleyball no overnight success

Canadian men's volleyball coach Glenn Hoag THE CANADIAN PRESS FILE

It may seem like the Canadian men's volleyball team is just another overnight success after a recent upset over powerhouse Russia.

In fact, it's a success story seven years in the making.

And the man who built the foundation is coach Glenn Hoag, who has guided the team since 2006.

Volleyball isn't a sport that gets a lot of attention in Canada, although that may change if the national team keeps developing and winning more.

But University of Winnipeg volleyball coach Larry McKay says outside of Canada, Hoag is well respected. The national volleyball training centre was based in Winnipeg until it moved to Gatineau in 2009.

"In Europe, they think he's one of the best coaches in the world," says McKay, who adds that it's a sentiment Hoag's players share.

"He's a guy that's incredibly passionate about what he's doing," says attacker Justin Duff of Winnipeg.

A key to Hoag's plan to revitalize the national team was re-establishing the national training centre, after a decade when university players moved directly to international play.

Duff says that alone is huge. It gives Canada's players the training they need to cope with countries where you can turn pro at 17 or 18 and play full-time.

But the rest of the story comes from what Hoag learned through years playing and coaching professionally in Europe — the way to succeed is basically to sweat the details.

"Establish systems and get the players to (understand) these are their references," he says. "By establishing these systems, I established a training philosophy around (them)."

THE CANADIAN PRESS

Leading by example

"I've not seen a lot of people that care as much about their job and what they're doing as he does."

Winnipeg's Justin Duff, on Canadian men's volleyball coach Glenn Hoag.

Horoscopes

♈ Aries
March 21 - April 20
If you approach a difficult task with confidence today, you will do an excellent job of it and impress a lot of people. But don't go over the top and go around shouting what a winner you are. Be modest.

♉ Taurus
April 21 - May 21
There are some annoying people out there and you must promise yourself that, whatever the provocation, you won't lose your cool. If you do, you may lose other things too.

♊ Gemini
May 22 - June 21
Your ideas may be good but you need to find ways to make them pay. It shouldn't be difficult but bear in mind: some people will be negative, no matter how much you achieve.

♋ Cancer
June 22 - July 23
Be extra careful with your cash, investments and other commercial interests today. Most importantly, don't let anyone push you into signing something you are not 100 per cent sure about. Just say "no".

♌ Leo
July 24 - Aug. 23
You may think you can force others to go along with your plans, but it's not the best strategy. If they don't want to accompany you on your journey, they would be a liability anyway.

♍ Virgo
Aug. 24 - Sept. 23
Turn your back on the past and move into the bright future that awaits you. You can't do it all at once, but you must be serious about it. There have been far too many false starts.

♎ Libra
Sept. 24 - Oct. 23
Everyone you meet seems determined to point out where you've been going wrong. But you don't have to agree with them. Smile sweetly, nod in agreement then carry on doing what you're doing.

♏ Scorpio
Oct. 24 - Nov. 22
You may be bored and looking to inject excitement into your life but don't go too far and annoy people on whom you may depend. That is especially important on the work front.

♐ Sagittarius
Nov. 23 - Dec. 21
The message of the stars today is that you should keep your head and not try to impose your will on others. However big and tough a Sag you may be, there is always someone bigger and tougher out there.

♑ Capricorn
Dec. 22 - Jan. 20
It's not like you to make a drama out of a crisis but the cosmic picture is making it hard to see anything but problems. Think positive and circumstances will improve.

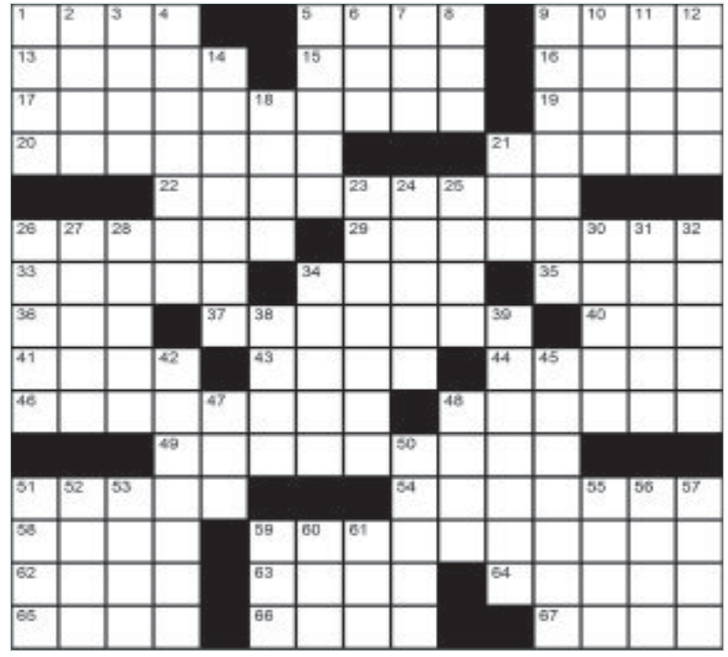
♒ Aquarius
Jan. 21 - Feb. 19
Someone may be acting selfishly but there is no need to provoke a fight. That could be exactly what they are hoping for as they need to take their aggression out on someone.

♓ Pisces
Feb. 20 - March 20
The answers you get depend on the questions you ask and if you ask intelligent questions about your life and the direction it is moving, you will get all the answers you need today. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

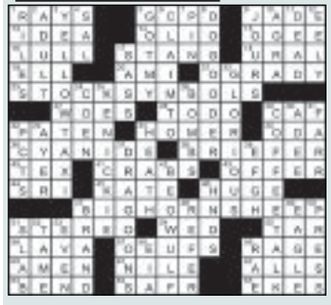
BY KELLY ANN BUCHANAN



Across
1. Coliseum, e.g.
5. Part of BYOB
9. Exchange
13. Tropical tubers
15. Approximately: 2 wds.
16. Roll Call list-ee's response
17. Swimming style, quite literally
19. Largest continent
20. "Forget it!", colloquially: 2 wds.
21. Go in
22. Person-on-a-pulley fun
26. Central Alberta town
29. __ General of Canada
33. Clan on "Dallas"
34. Mr. Gooding Jr.
35. "Able was _ _ ..." (Palindrome start)
36. Carried out
37. Pushes beyond the limits
40. Eliminate
41. Lettered-land 'til 1991
43. Phyllis Diller's husband's name from her stand-up act
44. Skin care company
46. CFB __, in Ontario
48. Committees
49. War of 1812 vessels: 2 wds.
51. "Rock You" Canadian hard rock band
54. __ name (Alias)
58. Herman Melville tale
59. Canadian band for which Carole Pope was lead singer: 2 wds.
62. Songstress Celine
63. Neutral tone
64. West: Spanish
65. 24-hr. bankers
66. Reason for Oxy 5
67. Invitee's official 'yes'

Down
1. Egyptian sun god, variantly
2. Kind of shark
3. Advantages
4. Earth-to-sky 'meeting' place
5. Bumpkin
6. Mythical monster
7. Miley Cyrus song: "Party in the _._._."
8. Plunder
9. "Remember (Walking in the Sand)" by The __-Las
10. The __ Coast
11. India.__ (Singer/songwriter)
12. Seckel is a sort
14. Orchestra section
18. Seven: French
21. Compass†point
23. Some lizards
24. "It's __ __ deal." (Don't worry about it)
25. Drooling dogs experimenter, __ Pavlov
26. Resulted in, __ __ to
27. "Is that such _ __ idea?"
28. Centre point
30. Chutzpah
31. Bay window
32. __ __ a beet
34. The Pretenders album: 'Learning to __'
38. Pan brand
39. Awakes with smelling salts, perhaps: 2 wds.
42. Fixed food portions
45. Underwriter
47. Candle's content
48. Cousin of "Pshaw!"
50. International Court of Justice site, The __
51. Ms. Kotb, Kathie Lee Gifford's daytime chat co-host
52. Radiate
53. Rug-making apparatus
55. Service on Sunday
56. 1999 Matthew McConaughey movie
57. Shallow's opposite
59. Actor, Stephen __
60. Li'l job
61. Pot

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	1	6	9		7			3
	5	8						4
3			1					
2	8				1			
	7	3				4	9	
			6				8	7
					9			2
5						1	4	
9			2		3	8	7	

Yesterday's Sudoku

2	5	7	6	8	1	4	9	3
9	8	3	7	2	4	1	6	5
4	6	1	9	3	5	2	8	7
7	9	8	1	5	2	6	3	4
6	2	4	3	7	9	8	5	1
1	3	5	8	4	6	9	7	2
3	4	2	5	9	8	7	1	6
5	1	9	2	6	7	3	4	8
8	7	6	4	1	3	5	2	9

Weather

TODAY	FRIDAY	SATURDAY
MAX: 20° MIN: 10°	MAX: 22° MIN: 10°	MAX: 23° MIN: 13°

BT BREAKFAST TELEVISION

JENNA KHAN
WEATHER SPECIALIST
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6 AM**

Stewart's Horology
FORMERLY SEARS WATCH REPAIRS
Come see the Watch Doctors
We will pay the tax on everything for the month of July!
Quality Restorations and Repairs
to all Fine Timepieces and Jewellery
Winnipeg Concourse (Beside the escalators) • 204.942.1955 • stewbnz1@mymts.net
2741 Portage Ave • 204.789.9620 • stewartshorology.ca

Everyday Recycling

simplyrecycle.ca

MMSM
Multi-Material Stewardship Manitoba
INDUSTRY FUNDING RECYCLING